Poor air quality hits city again from fires

Ottawa Citizen

June 30, 2023 Friday

Early Edition

Copyright 2023 Ottawa Citizen All Rights Reserved

Section: CITY; Pg. A2

Length: 333 words

Byline: Postmedia News, Postmedia News

Body

Environment Canada is forecasting local air pollution levels will be at risk level 7 today.

A 7 on the scale - which ranges from 1 or "low risk" to 10+ or "very high risk" - is considered "high risk."

On Thursday, the weather agency predicted pollution would be at 10+ in Ottawa overnight before going down to 7 by this morning. As of print deadline Thursday, pollution levels were expected to remain at 7 throughout the day today.

Today's forecast is for a mix of cloud and sun, with a chance of showers throughout the day and a risk of a thunderstorm later in the afternoon. Expect a high of 25 C and a humidex 29 C. The UV index is 9 or "very high."

Air quality and visibility due to wildfire smoke can fluctuate over short distances and can vary considerably from hour to hour.

People with lung disease (such as asthma) or heart disease, older adults, children, pregnant women and those who work outdoors are at higher risk of experiencing health effects caused by wildfire smoke.

Stop outdoor activities and contact your health-care provider if you or someone in your care experiences shortness of breath, wheezing (including asthma attacks), severe cough, dizziness or chest pains. Stay inside if you are feeling unwell and experiencing symptoms.

If you must spend time outdoors, a well-fitted respirator-type mask (such as a NIOSH-certified N95 or equivalent respirator) that does not allow air to pass through small openings between the mask and face can help reduce your exposure to the fine particles in smoke. These fine particles generally pose the greatest risk to health. However, respirators do not reduce exposure to the gases in wildfire smoke. It is important to listen to your body and reduce or stop activities if you are experiencing symptoms.

Visit airqualityontario.com for information on how to reduce your health risk and your personal contribution to pollution levels, as well as for current and forecast AQHI values. !@COPYRIGHT=© 2023 Postmedia Network Inc. All rights reserved.

Graphic

Poor air quality hits city again from fires

Julie Oliver; On Thursday, Environment Canada predicted pollution would be at 10+ overnight before going down to 7 by this morning. As of print deadline Thursday, pollution levels were expected to remain at 7 today.;

Load-Date: June 30, 2023

End of Document